

Vermont Cancer Plan Status Report

August, 2006



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VERMONT STATE CANCER PLAN – STATUS, AUG 2006

1. Prevent future cancers by reducing exposure to known risk factors

	2003 Baseline	2005 Data	2010 Goal
Reduce prevalence of smoking in past month among youth in grades 8-12	20%	16%	16%
Reduce prevalence of adult smoking	(2004) 20%	20%	12%
Increase the percentage of Vermont smokers with children who prohibit smoking in their homes	(2004) 58%	66%	65%
Reduce the prevalence of obesity (BMI \geq 30) among Vermont adults (20+)	20%	21%	15%
Increase the proportion of adults who consume at least 3 daily servings of vegetables	31%	30%	50%
Increase the proportion of adults who consume at least 2 daily servings of fruits	41%	39%	75%
Reduce the prevalence of overweight Vermont youth (\geq 95 th percentile of BMI)	11%	10%	5%
Increase the proportion of youth in grades 8-12 who consume at least 3 daily servings of vegetables	16%	14%	50%
Increase the proportion of youth in grades 8-12 who consume at least 2 daily servings of fruit	40%	37%	75%
Increase the percentage of adults (age 18+) who engage in regular, moderate physical activity (30+ minutes per day, 5 days per week)	55%	58%	63%
Increase the percentage of adolescents who engage in moderate physical activity (30+ minutes per day, 5 or more days of the previous 7 days)	26%	27%	31%
Increase the number of all Vermont adults reporting using at least one sun-protection method when out in the sun	(2001) 76%	(2001) 76%	75%
Continue to increase the number of Vermont households tested for radon gas	(2004) 22%	(2004) 22%	20%
Increase the percentage of Vermont mothers who report ever breastfeeding	(2004) 66%	67%	75%

2. Detect new cancers as early as possible through appropriate screening

	2003 Baseline	2005 Data	2010 Goal
Increase the percentage of Vermonters aged 50+ receiving the recommended colorectal cancer screening tests	(2004) 59%	(2004) 59%	65%
Increase the percentage of patients referred for colon cancer screening	-	-	-

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	2003 Baseline	2005 Data	2010 Goal
Increase screening and follow-up rates among people with high risk indicators for colon cancer such as family or personal medical history	-	-	-
Increase the percentage of women age 40 and over getting a mammogram within the past 2 years	(2004) 76%	77%	85%
Increase the percentage of women (age 18+) who have had a Pap test in the past 3 years	(2004) 87%	83%	90%
Promote informed decision-making about prostate cancer screening among Vermont men age 50 and over	-	-	-

3. Increase access to optimal cancer treatment and follow-up care

	2003 Baseline	2005 Data	2010 Goal
Increase the number of primary care providers educated about the need for cancers to be assessed in a multimodality setting	-	-	-
Increase the annual number of rides given to Vermonters to obtain their cancer treatment	(2005) 536	536	600
Increase the number of Vermonters enrolled in therapeutic clinical trials at the Vermont Cancer Center	(2005) 105	105	135
Increase the proportion of Vermonters covered by insurance for all or part of the year	88%	85%	100%

4. Improve the quality of life for people living with, through and beyond cancer

Identify the most pressing needs of cancer survivors in Vermont	In process
Develop strategies to address those needs	In process
Advocate for necessary changes in cancer services and policies	In process

5. Improving End-of-Life Care and Comfort

Increase availability and use of pain management, hospice, and palliative care	In process
Promote reimbursement for hospice and palliative care among insurers	In process
Collaborate to establish a statewide electronic database of advanced directives for healthcare and medical treatment	In process